

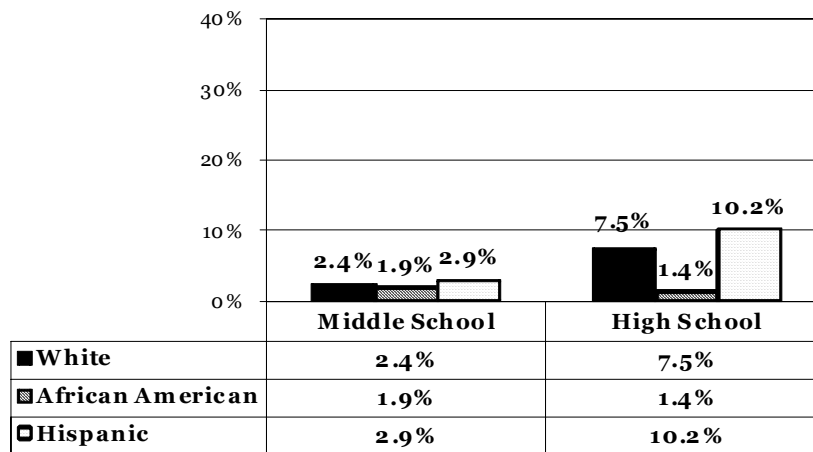
# Spit Tobacco Use in Indiana

Spit tobacco, or smokeless tobacco, comes in two forms: moist snuff and chew. Snuff is a finely ground tobacco and is usually placed between the bottom lip and gum and held there. This is also referred to as “dipping”. Chewing tobacco is shredded tobacco leaves placed between the cheek and gum. Spit tobacco contains 3,000 chemicals, 28 of them have been identified as cancer-causing agents including formaldehyde, nicotine, arsenic, cadmium, and polonium-210.

## Spit Tobacco Use in Indiana and the U.S.

- An estimated 3.5% of all Hoosiers are current spit tobacco users, and approximately 6.6% of men in Indiana are smokeless tobacco users. This compares to national average for men of 6.5%.
- Of the current male spit tobacco users in Indiana:
  - 10% use less than one can of tobacco per week;
  - The majority (53%) uses 1-2 cans per week;
  - 15% use 5-6 cans of spit tobacco per week.

## Adult Spit Tobacco Use Rates by Race/Ethnicity, IN & US

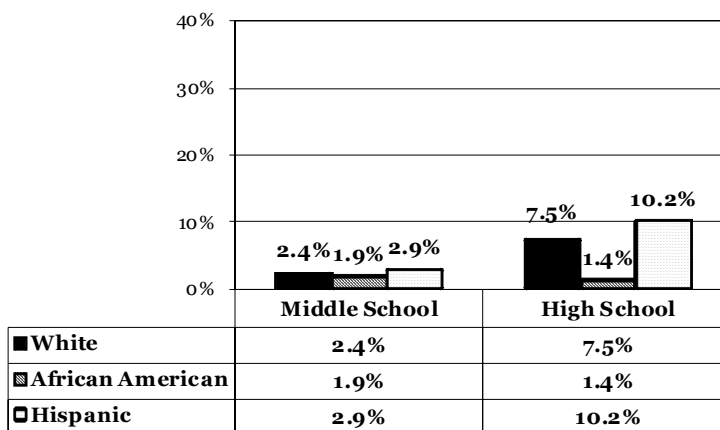


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## Spit Tobacco Use among Youth in Indiana

- Approximately 4.2% of middle school males and 11.8% of high school males in Indiana currently use spit tobacco. These rates are slightly higher than the national averages.
- Hispanic youth have the highest smokeless tobacco use among middle school students, at about 3%, and high school students, at approximately 10%.

### **Youth Spit Tobacco Users by Race/Ethnicity, 2010 Indiana Youth Tobacco Survey**



## Negative Health Effects

Holding one pinch of spit tobacco in your mouth for 30 minutes releases the same amount of nicotine as smoking 4 cigarettes. The negative effects to using spit tobacco include bad breath, spitting and stained teeth. Spit tobacco is not a safe alternate to cigarettes and is responsible for numerous health problems. People who use spit tobacco are at risk of many health problems including:

- **Cancers:** lip, esophagus, pharynx, larynx, pancreas and stomach. Users of spit tobacco are 50 times more likely to get oral cancer than non-users. These cancers can form within only 5 years of regular spit tobacco use.
- **Mouth diseases:** Leukoplakia, a disease of the mouth characterized by white patches and oral lesions on the cheeks, gums, and tongue. Studies show that 60-78% of spit tobacco users have oral lesions. During the first 3 years of use, leukoplakia occurs in more than half of smokeless tobacco users. Spit tobacco also causes gum recession increasing risk of cavities.
- **Heart diseases:** Spit tobacco increases the risk of heart attack and other heart disease as the nicotine constricts veins leading to heart problems and high blood pressure.

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